

R430-90-15, R430-50-15. CHILD NUTRITION.

Licensed Family 90-15:

(1) If food service is provided:

- (a) The licensee shall ensure that his or her meal service complies with local health department food service regulations.**

Residential Certificate 50-15:

(1) If food service is provided:

- (a) The certificate holder shall ensure that his or her meal service complies with local health department food service regulations.**

Rationale / Explanation

The purpose of this rule is to ensure that food preparation and service are sanitary in order to reduce the possibility of foodborne illness. Minimum standards for food safety are based on scientific data that demonstrate the conditions required to prevent contamination of food with infectious or toxic substances that cause foodborne illness.

Enforcement

The noncompliance level depends on the violation that occurs. Check with the Bureau Director before citing this rule.

Licensed Family 90-15:

(1) If food service is provided:

- (b) Foods served by license holders not currently participating and in good standing with the USDA Child and Adult Care Food Program (CACFP) shall comply with the nutritional requirements of the CACFP. The licensee shall either use standard Department-approved menus, current menus provided by the CACFP, or menus approved by a registered dietitian. Dietitian approval shall be noted and dated on the menus, and shall be current within the past 5 years.**

Rationale / Explanation

Nourishing food is the cornerstone for children's health, growth, and development. Because young children grow and develop more rapidly during the first few years of life than at any other time, they must be provided food that is adequate in amount and type to meet their basic metabolic, growth, and energy needs. The CACFP regulations, policies, and guidance materials on meal requirements provide the basic guidelines for good nutrition. CFOC, pgs. 149-150 Standards 4.001, 4.002

Enforcement

Level 3C Noncompliance, except as specified in Level 4C below.

Level 4 Noncompliance: If the provider is using non-approved menus not signed by a registered dietitian, but the meals served meet CACFP nutritional requirements.

Licensed Family 90-15:

(1) If food service is provided:

- (c) License holders not currently participating and in good standing with the CACFP shall keep a**

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one week record of foods served at each meal or snack.

Rationale / Explanation

The purpose of this rule is to verify that foods actually served to children by provider not participating in CACFP meet children's basic nutritional requirements. CFOC, pgs. 149-150 Standards 4.001, 4.002

Enforcement

The one week record of foods served at each meal must be dated, so that licensors can determine which foods were served on which dates.

Always Level 4 Noncompliance.

Licensed Family 90-15:

(1) If food service is provided:

(d) The current week's menu shall be available for parent review.

Residential Certificate 50-15:

(1) If food service is provided:

(b) The current week's menu shall be available for parent review.

Rationale / Explanation

Making menus available to parents by posting them in a prominent area, or in the sign-in/sign-out book helps to inform parents about proper nutrition, and allows parents to know if a food is being served that their child has an allergy to. It also allows parents to plan meals at home that do not duplicate what the child ate at the provider's home that day. CFOC, pgs. 152-153 Standard 4.008

Enforcement

Providers who use and have available for parents the monthly food program menu meet this rule. Providers who give parents a copy of the menu for the upcoming week/month also meet this rule.

Level 2B if failure to make available the current week's menu results in a child being served a food they are allergic to (because the parent did not know the food was being served).

Always Level 4 Noncompliance.

Licensed Family 90-15:

(2) The licensee shall ensure that each child in care is offered a meal or a snack at least once every three hours.

Residential Certificate 50-15:

(2) The certificate holder shall ensure that each child in care is offered a meal or a snack at least once every three hours.

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Rationale / Explanation

Young children need to be fed often. Appetite and interest in food varies from one meal or snack to the next. To ensure that the child's daily nutritional needs are met, small feedings of nourishing food should be scheduled over the course of a day. Snacks should be nutritious, as they often are a significant part of a child's daily intake of food. CFOC, pgs. 150-151 Standard 4.003

Enforcement

Meal times will be counted from the end of one meal time to the start of the next meal time. An extra 30 minutes will be allowed at the end of nap time if needed, to allow children time to wake up from their nap and get ready for snack.

For providers who provide late evening or overnight care, meals or snacks do not need to be served every three hours after children have gone to bed for the night.

Always Level 3C Noncompliance.

Licensed Family 90-15:

- (3) **Providers shall serve each child's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the child's hands. Providers shall not place food on a bare table.**

Residential Certificate 50-15:

- (3) **Providers shall serve each child's food on dishes, napkins, or sanitary high chair trays, except for individual serving size items, such as crackers, if they are placed directly in the child's hands. The provider shall not place food on a bare table.**

Rationale / Explanation

Using clean food service dishes and utensils prevents the spread of microorganisms that can cause disease. The surfaces that are in contact with food must be sanitary. Food should not be put directly on the table surface for two reasons. First, even washed and sanitized tables are more likely to be contaminated than washed and sanitized dishes or disposable plates. Second, learning to eat from plates reduces contamination of the table surface when children put down their partially eaten food while they are eating. CFOC, pgs. 165-166 Standard 4.029

Highchair trays function as plates for seated children. Therefore, they should be washed and sanitized the same way as plates and other food service utensils. CFOC, pgs. 165-166 Standard 4.029.

Enforcement

Always Level 3C Noncompliance.

Licensed Family 90-15:

- (4) **The licensee shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's name, and refrigerated if needed.**

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Residential Certificate 50-14:

- (4) The certificate holder shall ensure that food and drink brought in by parents for an individual child's use is labeled with the child's name, and refrigerated if needed.

Rationale / Explanation

The purposes of this rule are to ensure that children are not accidentally served food brought by another child, and to ensure that food brought from home does not cause foodborne illness. Foodborne illness and poisoning is a common occurrence when food has not been properly refrigerated and covered. Although many of these illnesses are limited to vomiting and diarrhea, some are life-threatening. CFOC, pg. 169 Standard 4.040

Enforcement

Food and drink brought from home can be labeled with the child's first name only, unless there is more than one child in the home with food or drink brought from home who has the same first name. When this is the case, the food and drink can be labeled with the child's first name and last initial. If there is more than one child in the home with food or drink brought in from home who has the same first name and last initial, the food and drink must be labeled with the child's full first and last name.

Refrigerated can include being in a lunch container with a cold pack.

Level 2B Noncompliance: If failure to follow this rule results in a child being served food they are allergic to.

Level 3C Noncompliance otherwise.